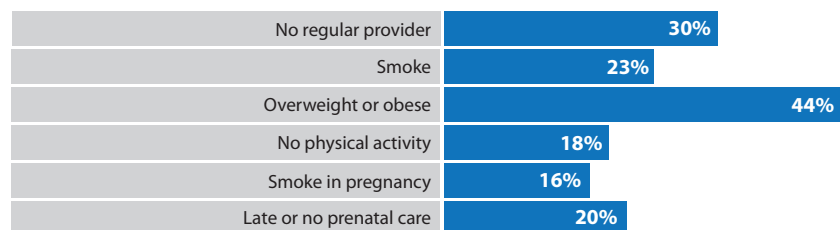
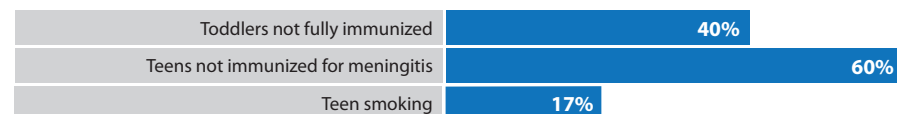


Opportunities to Improve Health

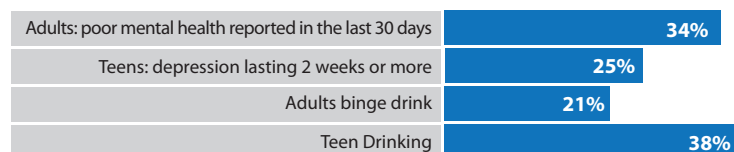
WOMEN OF CHILDBEARING AGE Health Risks Lead to Poor Pregnancy Outcomes



CHILDREN AND ADOLESCENTS Too Few Are Immunized and Too Many Smoke



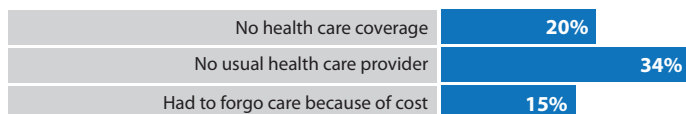
ADOLESCENTS AND ADULTS High Prevalence of Alcohol Abuse and Poor Mental Health



ADULT MONTANANS Unhealthy Lifestyles Are Too Common



ACCESS TO CARE Many Montanans Lack Health Care Coverage and Medical Homes



To achieve a Healthier Montana,
we encourage Montanans to:

Stay active and eat well



Live tobacco-free

Get age-appropriate
immunizations



Take simple steps
to prevent injuries

See a health care
provider regularly



Contribute to and enjoy
a healthy environment

Our Pledge

- We pledge ourselves to:
- ✓ Pursue the goals and strategies described in this state health improvement plan
 - ✓ Build a public health and health care system that supports these goals
 - ✓ Facilitate partnerships that support these goals

Big Sky. New Horizons. A Healthier Montana:

A Plan to Improve the Health of Montanans

Why are we doing this?

Creating a Healthier Montana is critical to achieving a successful future.



healthy children = better students

healthy adults = a more productive work force



healthy seniors = more satisfying retirement years



healthy population = a healthy economy



To achieve this goal, Montana Department of Public Health and Human Services and more than 300 individuals representing 130 organizations:

- Examined the health of Montanans
- Developed priorities and strategies
- Used the best science available

This plan focuses on prevention, saving health care dollars and creating a common agenda for health improvement.

What does the plan include?

The plan includes six health improvement priorities:

- **Prevent, identify and manage chronic conditions**
- **Promote the health of mothers, infants and children**
- **Prevent, identify and control communicable disease**
- **Prevent injuries and reduce exposure to environmental health hazards**
- **Improve mental health and reduce substance abuse**
- **Strengthen Montana's public health and health care system**

For each health improvement priority, strategies for improvement are included in four key action areas:

- Public health policies
- Prevention and health promotion efforts
- Access to health care, particularly clinical preventive services
- Montana's public health and health care system

What happens next?

Achieving the priorities outlined in the plan will require a high-functioning public health and health care system composed of engaged public, private, non-profit and community partners.

The Governor will appoint an oversight body to direct and monitor progress in creating a Healthier Montana.



For the complete text of the plan visit: www.dhpps.mt.gov/SHIP